



Reputable Websites for Health and Fitness Questions

When making decisions about your health, it's important to know where to go to get the latest, most reliable information. Don't trust what the news or magazines tell you about your health questions. They are usually inaccurate and not evidence-based.

We have compiled a list of science-based, trustworthy websites to help answer many of those personal health questions. These websites are also great resources to help Americans improve their well-being through proper nutrition, physical activity and disease-prevention information.

If you need assistance in choosing healthier habits, visit a website on this list for support.

- www.cdc.gov - Centers for Disease Control and Prevention provides users with credible, reliable health information on many topics.
- www.thecommunityguide.org – The Guide to Community Prevention services is a free resource to help you choose programs and policies to improve health and prevent disease in your community.
- www.oznet.ksu.edu – KSU Research and Extension
- www.fruitsandveggiesmatter.gov –National Fruit and Vegetable Program
- www.health.gov – provides websites to a number of multi-agency health initiatives and activities of the U.S. Departments of Health and Human Services and other Federal departments
- www.win.niddk.nih.gov - The Weight-control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.
- www.mypyramid.gov – My Pyramid food guidance system
- www.presidentschallenge.org - The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives.
- www.recreation.gov – Recreation One-Stop is one of the E-Government initiatives in the President's Management Agenda to improve the effectiveness, efficiency, and customer service of the recreation programs.
- www.healthierus.gov –Healthier US Initiative is a national effort to improve people's lives, prevent and reduce the costs of disease, and promote community health and wellness.
- www.healthfinder.gov - Full of information and tools on a wide range of health topics selected from over 1,600 government and non-profit organizations to bring the best, most reliable health information on the Internet.
- www.smallstep.gov – a US Department of Health and Human Services website. Small Steps towards better health!